



SUMMARY:

This meter is designed for motorized treadmill. There are 5 windows, 4 buttons with 1 manual, 7 programs and incline function.

TO START:

To avoid injury, hold onto HANDRAIL while mounting and dismounting TREADMILL. Hold onto HANDRAIL and place feet on SIDERAILS before starting. (Step onto treadmill only at slowest speed.)

Turn on the POWER switch of treadmill, and then plug in the SAFETY KEY.

Press the start button to begin exercising.

WHEN POWER ON:

1. All windows display 1 sec.
2. Go to manual function. (Manual flash)

TO STOP:

1. Press the stop button.
2. Remove SAFETY KEY or turn off POWER SWITCH.

CAUTION:

1. Securely attach SAFETY KEY CLIP to your clothing. If you slip or fall while exercising, the SAFETY KEY will pull out of the CONSOLE.
2. To stop monitor, press STOP button or unplug SAFETY KEY.

KEY GUIDE:

START/STOP: Press this button to start or stop exercising.

MODE/RESET:

1. Press this button to choose the preset value of the speed, time, distance, calorie. The LCD display will twinkle during the setting stage.
2. Hold this button more than 2 seconds to reset all of the value to zero.

SPEED? :

1. Press the button to choose the manual and program 1 to program 7.
2. Press the button to increase the setting value of speed, time, distance, calorie and

pulse.

3. Press the button to increase the current speed.

SPEED? :

1. Press the button to choose the manual and program 1 to program 7.
2. Press the button to decrease the setting value of speed, time, distance, calorie and pulse.
3. Press the button to decrease the current speed.

INCLINE SWITCH:

Press incline switch to choose different increase or decrease incline level.

FUNCTION

TIME: 1. Without setting the value, time will count up from 0:00 to 99:59.

2. Setting the value, time will count down from your setting value to 0:00.

CALORIES: Display the calorie you burned out from 0-999 Kcal.

DISTANCE: Monitor will count up distance from 0.00 to 999 KM / MILE.

SPEED: Start from 1 km if no set speed.

PULSE: Your current heart beat rate is display in beats per minute (BPM).

NOTE:

1. The monitor will display your heartbeat rate after 5 seconds when attach the pulse sensor.
2. If no pulse input is detected within 16 seconds, the display will show "P".
3. If pulse value is not preset, the monitor will use the default values 90 BPM.

OPERATION

- A. Plug in the power source and turn on power switch.
- B. Plug in the safety key.
- C. The LCD for manual will glisten.
- D. Press the **SPEED?** or **SPEED?** button to choose the manual, and program 1 to program 7.
- E. 1. Press the **SELECT** button to enter the preset value – speed.
2. Press the start button to begin exercise.
- F. Press the **SPEED?** or **SPEED?** to set up your desired value of speed. Press the select button to confirm the setting value and go to the next setting function – time, distance, calorie and pulse.
- G. Press the start button to begin exercise.

IMPORTANT:

1. Before plug in the power source, make sure proper supply voltage has been selected (110V or 220V).
2. Do not stand on the treadmill to adjust or test the system.
3. Step onto tread belt only at slowest speed.